

Foster Parent Spotlight



Paul & Katie Bernard

Paul and Katie Bernard have been married for 14 years. The Bernard's built their home themselves 8 years ago. They have a 17-year-old son named Travis. They have a cat named Sam, several frogs, toads and Travis has a Guinea Pig named Reese's. Paul has been working as a Binder Operator at Quad Graphics for 11 years. Katie has been a 4th Grade Teacher for 11 years as well. She has a Master's Degree in working with Children at Risk. Katie is also currently taking a science class at Sally Ride Academy. The Bernard's have been licensed as Foster Parents for 6 years

Since becoming Foster Parents, Paul and Katie have had 6 placements. They fostered and adopted Travis 3 1/2 years ago. The Bernard's believe that Foster Care chose them and that God had a lot to do with it as well Paul and Katie knew a foster family living in West Bend. Katie was the child's teacher one year and he did extremely well. The foster family called to talk with Katie about what worked well for the child Over time Paul and Katie helped the family by providing respite care. A while later. Paul and Katie became licensed as foster parents and were able to have that child temporarily placed in their home.

The Bernard family enjoys numerous activities together. Travis plays the saxophone, tuba and bass, so they love to go to musical events. They enjoy camping and fishing. They sit around the dinner table together and play Scrabble or Cribbage. The Bernard's have a family movie night every week and they also joined a kickball league.

When asked about PACE training, Paul and Katie agreed that it was incredibly helpful and interesting. They enjoyed being able to interact with other parents involved with foster care.

Paul and Katie's words of wisdom for new foster parents is to stay focused in order to give the children a peak at a different way of life. Help break the cycle and show children a different way of living. Help the children to discover their talents and become successful. Let the children know they can grow and accomplish anything they want to.

Paul and Katie find Foster Care to be both challenging and rewarding. They believe it has strengthened their family a great deal and they look forward to more children in the future.

Saturday, November 4, 2006 - Understanding & Building Attachment

This workshop focuses on the initiation and development of attachment in children and is designed for licensed foster caregivers with placement experience. The first half of the training distinguishes characteristics of secure attachment from insecure attachment and provides information on how the crisis of placement impacts and is impacted by the child's attachment pattern. Because research demonstrates that the most consistent predictors of secure attachment are caregiver variables, the last half of the workshop presents a template for parenting children with insecure attachment.

Excellent Training Opportunities

National Centers for Learning Excellence



N4W22000 Bluemound Road Waukesha, WI 53186 (262) 548-8080 Presenter: Amy Hansen

Training time is from 9:00 am- 4:00 pm, registration begins at 8:30am
Refreshments and lunch will be provided.
Child care is also available. Please bring a sack lunch for your children. Register online at www.wisc.edu/southernpartnership. Cost \$20 per day and will be paid by the county.

Saturday, November 18, 2006 -Shared Parenting

This training will emphasize the importance of partnerships between foster parents and birth families as an essential element of family-centered as well as child-centered practice. It will include discussions and activities related to fears, concerns, as well as the benefits of supporting, building, and maintaining all of the attachments for children in care. Specific strategies for initiating a relationship with birth families will be explored. A variety of activities are included to make this training highly interactive and enjoyable.

Contact Numbers:

Waukesha H & HS 262-548-7212

Eve Altizer Children's Mental Health Outreach 262-548-7310

Crisis Mentoring Pager 414-848-6711

Medical Emergency; 911 Family Emergency: 211

Judy David, Support Group President 414-671-3747 (home) 414-462-8446

Bette Winkler 262-679-9634

Lisa Alden, Supervisor 262-548-7271

Shari Rather, Foster Care Coordinator 262-548-7267

Valerie Wozniak, Visitation Coordinator 262-548-7370

August '06 Placements

Regular Foster Care:

43 Children 3 Admitted

6 Discharged

Treatment Foster Care:

31 Children 6 Admitted

1 Discharged

Group Homes:

3 Children

2 Admitted

1 Discharged

Residential Care Facilities:

13 Children 1 Admitted

3 Discharged

Relative Placements:

58 Children

4 Admitted2 Discharged

Bob Alioto

Bob Aliot

262-548-7262 Peggy Beisser

262-548-7261

Social Workers:

Kathe Blum

262-548-7275

Greg Rewolinski

262-548-7270 Margaret Johnson

262-548-7265

Suzanne Koberstein 262-548-7348

Elizabeth Russo

262-548-7349 Kim Sampson

262-548-7273

Linda Senger

262-548-7698 Marilyn Vidergar

262-548-7363 Ted Wuerslin

262-548-7269 Jennifer Wygle

262-548-7260

We Need You!

For more information about becoming a foster parent in Waukesha County, please contact Shari Rather at:

 $srather@waukeshacounty.gov\\262-548-7267$

or visit our website at www.waukeshacounty.gov and follow the links to foster care.







Waukesha County
Health & Human Services

October 2006





Foster Care Forum

Kids Recognizing Emotions Is Important for Healthy Development

Can your preschooler read the facial expressions of other people, and identify them as happy, sad, scared or angry? A study published in an issue of the Journal of Child Psychology and Psychiatry suggests that three and four-year-olds who have trouble recognizing different emotions may be more likely than their more perceptive peers to behave aggressively once they start school. According to researchers, the results show that the connections between emotional understanding and behavioral problems begin early in a child's development.

Young children are just beginning to learn about their own feelings. It's a huge leap to learn that other people have feelings too. But it is important for children to begin the process of developing empathy, which means to know and care about other people's feelings, at an early age. Here are some basic lessons in emotional awareness for young children.

- I. Be an attentive parent. Respond to your children's emotions. When you pay attention to their emotions, they experience empathy first hand, from the beginning.
- 2. Label your children's feelings. Say, "It's nice to see you so happy," during smiling moments or, "Oh that's so frustrating," when a child is frazzled by a puzzle and beginning to "lose it."
- 3. Label your own feelings. Say, "I feel sad," when your child is injured or, "That hurts my feelings," when a child says unkind words to you.

- 4. Validate feelings. As in: "I can see why you're angry. You wanted to keep playing, but now it's time for a nap." This shows that you can see the world from your child's eyes.
- 5. Stop aggressive behavior and let your child know how you feel about it. When your child hits another child say, "You can't do that. You're hurting Susan." Young children may not yet understand how others feel when they are hit (pushed, shoved or whatever), but they do understand when parents strongly disapprove of their behavior -- and they can begin to see that the disapproval is linked to their hurtful behavior toward others.
- 6. Teach your child to see things through other people's eyes. When your child hits someone, say "How do you think Susan feels when you hit her?" or "How would you feel if Susan, or someone else, hit you?"
- 7. Care for victims. When a child is hurt by another child, immediately stop the aggressive behavior and attend to the "victim." This shows caring and concern.
- 8. Teach through play. Playing with dolls is a great way for girls and boys to learn about caring for others. Caring for others can also be taught and encouraged in the context of many types of imaginary and expressive play, such as artwork or puppetry.

PACE Training Fall 2006 Waukesha County

- 9/7/06 Teambuilding
- 9/14/06 Child Abuse and Neglect
- 9/21/06 Child Development
- 9/30/06 Attachment, Separation & Placement
- 9/30/06 Behavior Management
- 10/5-06 Cultural Issues in Placement
- 10/12/06 Primary Families
- 10/21/06 Sexual Abuse10/21/06 Effect of Caregiving
- 10/26/06 Permanency Issues for Children
- 11/02/06 Permanency Issues for Families

All classes will be held at the Human Services Center in the Brookfield Room G137. Enter the building at door 6.

Classes will be from 6:15 to 9:15 in the evening except for 9/30 and 10/21 those classes will be from 8:15 in the morning to 3:15 in the afternoon. Lunch will be served.

Please Call **Shari Rather** to register at **262-548-7267**.

Jesse's Corner Division

one had a nice, safe summer and had a successful transition to school! We have several events occurring in the next couple of months. The first event that I think you should attend is our annual

Foster Parent Roundtable
on Tuesday, October 24th at
Steinhafel's Meeting Room,
W231 N1013 County F, Waukesha,
from 5:30pm (Dinner/Social Time) to 7-8pm
Please RSVP to Shari Rather at
srather@waukshacounty.gov
or call 262-548-7267

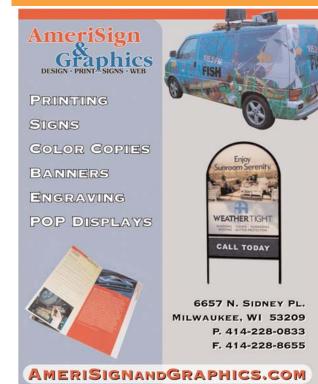
Program and Topics of Interest, followed by Question and Answers, Foster Parent Support Group Interest and Open discussion until 8:45pm. This is a good opportunity for you to share your thoughts and concerns about foster care in Waukesha County. We are interested in hearing your suggestions on how we can continue to improve our foster care program while supporting you and your families in fostering our children. If you are unable to make it but have issues or concerns you want discussed please contact Shari Rather at

(262) 548-7267. Shari will share them with the group and I'll include any updates or changes in the next "Jesse's Corner".

We have the Attachment and Shared Parenting training on November 4th and November 18th from 9am to 4pm at the Center for Learning Excellence (Head Start Building). We have good news and bad news. The good news is that lunch will be provided to the foster parents and childcare will be provided and free. The bad news is that you'll need to bring a bag lunch for your children. Please contact Shari Rather if you have any specific questions.

We will continue to discuss the importance of maintaining siblings together and maintaining family connections and will consider offering training sometime in the future to support this initiative. We will announce up coming training once we get this finalized. I hope to see all of you at our annual Foster Parent Roundtable!

Thank you to our Foster Care Newsletter Print Sponsor!



Do you need some support?

Could you give someone else some support? Then please join your fellow foster parents as we get together for an evening of sharing what's going on in our foster homes.

We'll be meeting in the Waukesha
Public Library at 321 Wisconsin
Avenue (the corner of Wisconsin and
Grand) on Wednesday, November
1st from 6:30 to 8:00 p.m. We'll be
in the community room, and we'll
have light snacks (we have no budget, however, so please bring your own
beverage.) Come for 90 minutes or
only a few, but please come!

If you have any questions, please call Bette at (262) 679-9634.

Family Resource Center Events, October 2006

Help Heal the Hurt: Parenting the Sexualized Child

- Tuesday, October 10, 2006
- 6:30 8 p.m.
- Family Life Center
- \$5 per person / \$8 per twosome 5880 S. Howell Avenue, Milwaukee Learn ways of communicating about the past and future with your child as well as techniques to develop household rules

For more information or to register, call 414-475-1246

The Great Pumpkin Hunt

- Sunday, October 15, 2006
- 2 4 p.m.
- Basse's County Delight
- Enjoy a hay ride to pick pumpkins followed by sweet apple cider
- \$5 per person (includes hay ride and pumpkin)

S70 W16050 Janesville Road, Muskego. For more information or to register, call 414-475-1246

WWK - Adopting a Child from Foster Care

- Saturday, October 14, 2006
- 9 a.m. I p.m.
- Gateway Technical College
- This is a FREE event 3520 30th Avenue, Kenosha.

This workshop presents an opportunity for families considering adoption to learn about special needs adoption and how to become a Wendy's Wonderful Family.

For more information or to register, call 414-475-1246

Adoption Awareness Game with the Milwaukee Admirals The Bradley Center

Sunday, January 14, 2007

Game Time: 4 p.m.

Join Adoption Resources of Wisconsin as we

celebrate adoption and foster care with the Milwaukee Admirals. Tickets are \$12 for adults and \$10 for kids 14 and under. \$2 from every ticket sold comes directly to ARW, so be sure to mention the event when you order! After the game, take the ice for yourselves for skating time on the Bradley Center rink. It's also Roscoe's birthday and he needs plenty of help to celebrate!

To order your tickets, call Richard Baumann at 414-227-0800. Be sure to mention ARW when you call!

Gun Safety Reminder, PLEASE READ!

In consideration of the increased risk associated with hunting season, the following is an excerpted from HFS 56.and Departmental Guidelines.

Firearm Policy

Section HFS 56.08(5) of the Wisconsin Administrative Code regulating foster homes addresses storage and use of firearms. All guns present in the home must be locked in storage and rendered incapable of being fired when not in use. Trigger locks are recommended in addition to locket cabinets.

Ammunition must be stored under lock, separated from the firearms and not accessible to Foster Children. Foster Parents should consider weather or not a gun cabinet with a glass front presents adequate barrier. If this type of cabinet is used, a trigger lock on each firearm is mandatory.

Please do not forget to lock up bow hunting, broadheads and hunting knives. These rules should be in practice daily, even while actively hunting.

Hunting:

Foster Children may only be permitted to use bows or firearms for hunting under the following conditions:

- 1. The child is at least 12 years old.
- 2. The child's parent or guardian has given written consent, and the Foster Parents, Agency Social Worker and the Agency have given their approval;
- 3. The child has successfully completed an approved hunters safety course
- 4. The child is under the supervision of a responsible adult at all times while in the possession of a firearm or how

Children may only handle or discharge firearms when they are in the presence of a responsible adult and have receive appropriate instruction from an adult experienced in the safe use of firearms.

